

Understanding your Moods

Date_____

Your moods change throughout the day, just like the weather. At the end of the day put a circle around the weather images that best describe your moods that day, noting the time of day and the things that happened to influence your feelings. Make copies of this worksheet and do this exercise for at least 7 days.



Time of Day_____

What happened?



Time of Day_____

What happened?



Time of Day_____

What happened?



Time of Day_____

What happened?



Time of Day_____

What happened?



Time of Day_____

What happened?

Examine your responses over a week's time. See if there is a "weather pattern." What can you do on a regular basis to bring more "sunshine" into your life?
